



# Stress, Trauma, and Wellbeing

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# Secondary Vicarious Trauma

<https://www.youtube.com/watch?v=sTbHgpf6eRA>



# Rachael Remen, MD

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.”



# Soft Belly Breathing

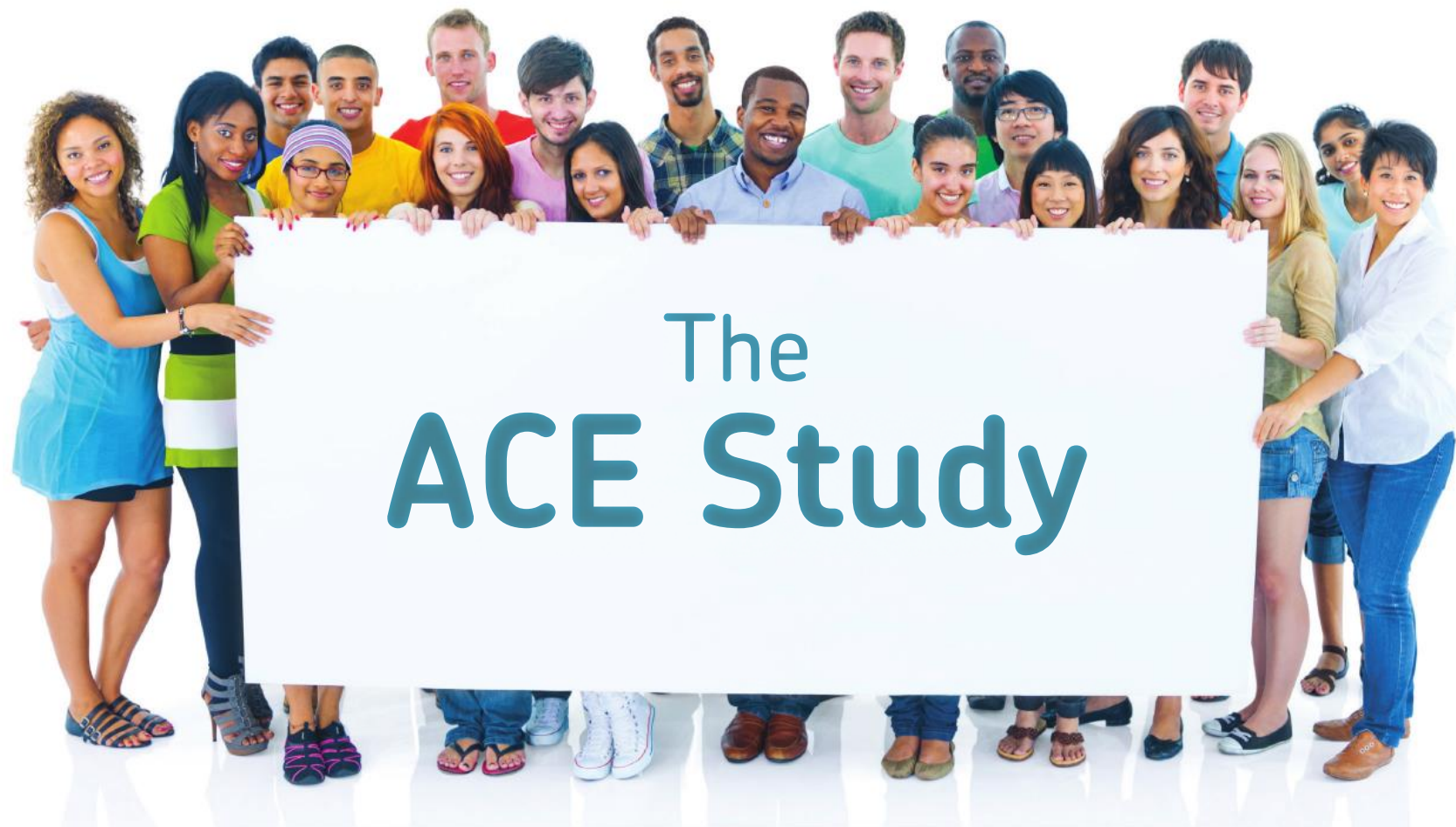
90 Seconds



# Adverse Childhood Experiences (ACEs)



# Memory of our experiences IS STORED IN OUR BODY







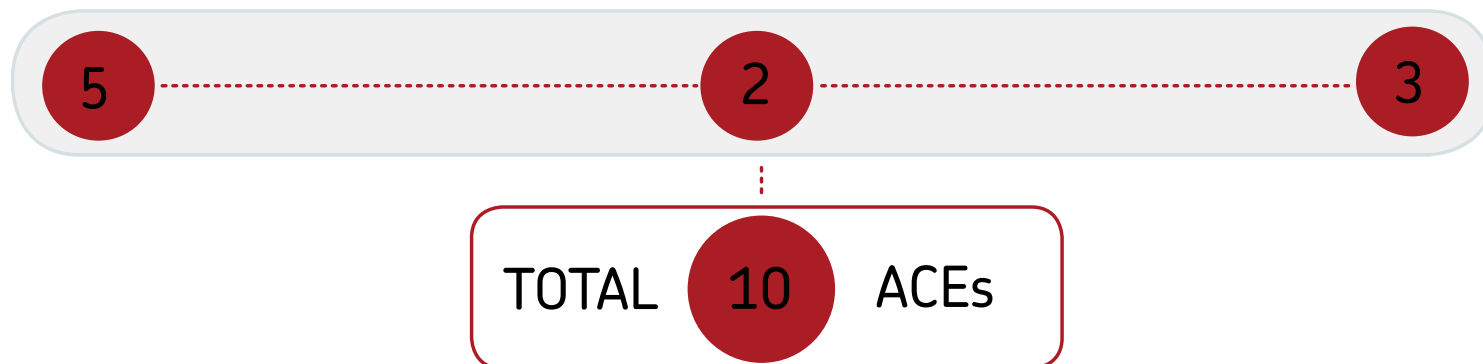
## FINDING MORE CONNECTIONS

how multiple forms of  
**childhood adversity**  
can affect many important  
**PUBLIC HEALTH PROBLEMS**

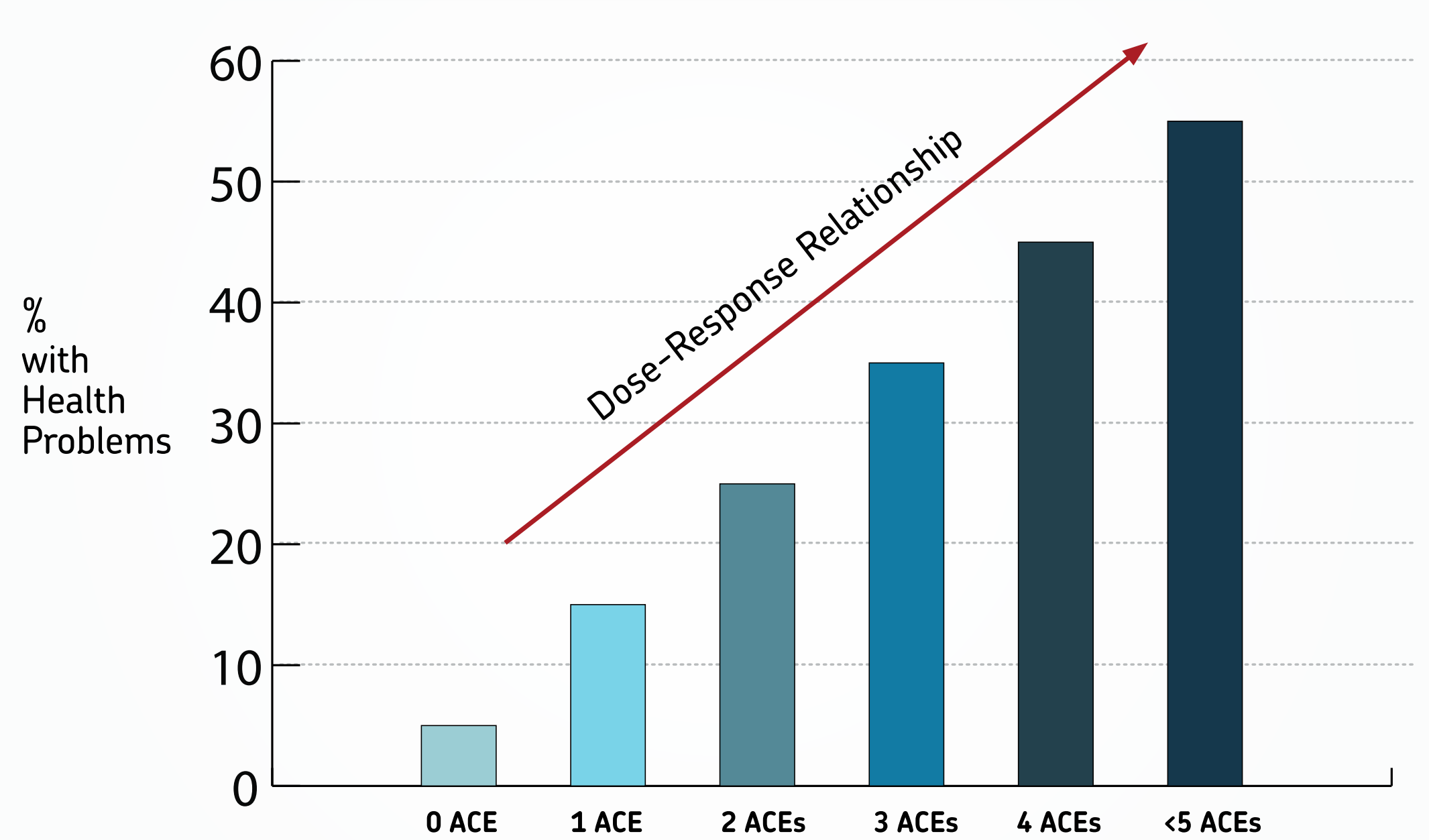


# Adverse Childhood Experiences **ARE COMMON**

Household Dysfunction	Neglect	Abuse
Substance Abuse 27%	Emotional 15%	Emotional 11%
Parental Sep/Divorce 23%	Physical 10%	Physical 28%
Mental Illness 17%		Sexual 21%
Battered Mothers 13%		
Criminal Behavior 6%		



# ACE Score and Health Problems



# ACEs are Common, Interrelated, Powerful



High ACE Scores  
in Population

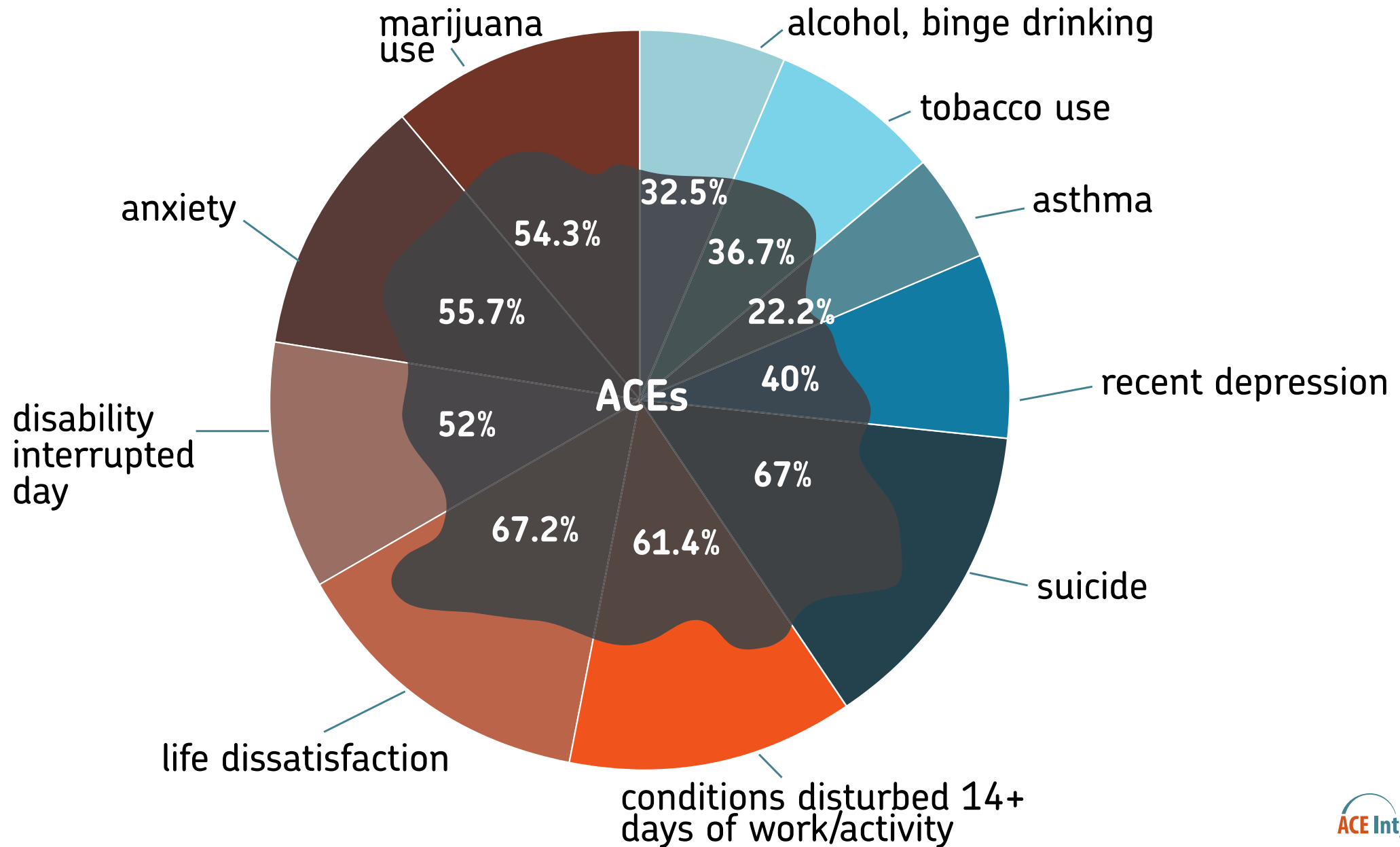


Increased Risk of Multiple  
Health and Social Problems



Intergenerational  
Transmission of ACEs

# Population Attributable Risk

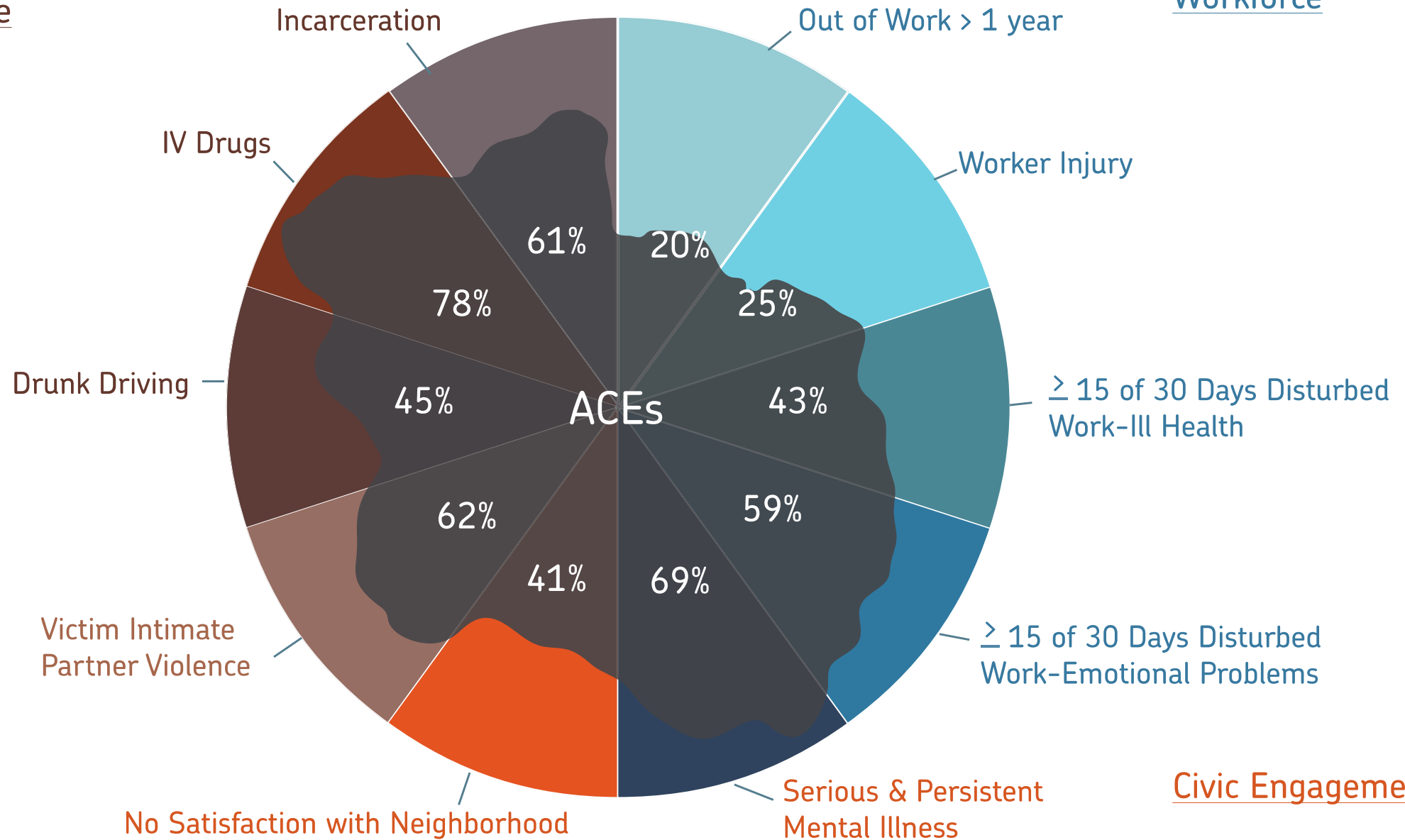




# Population Attributable Risk

Law & Justice

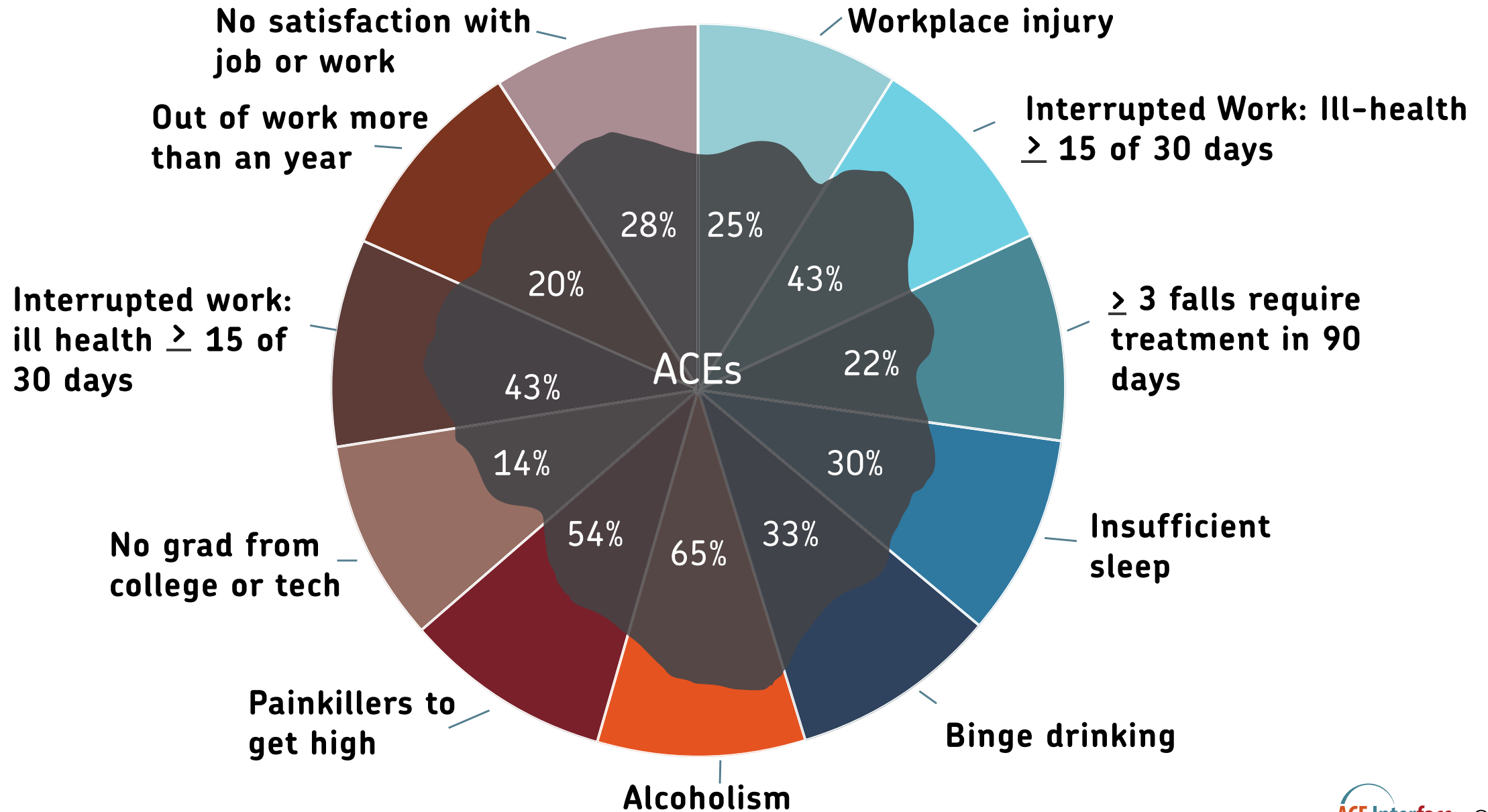
Workforce



Civic Engagement

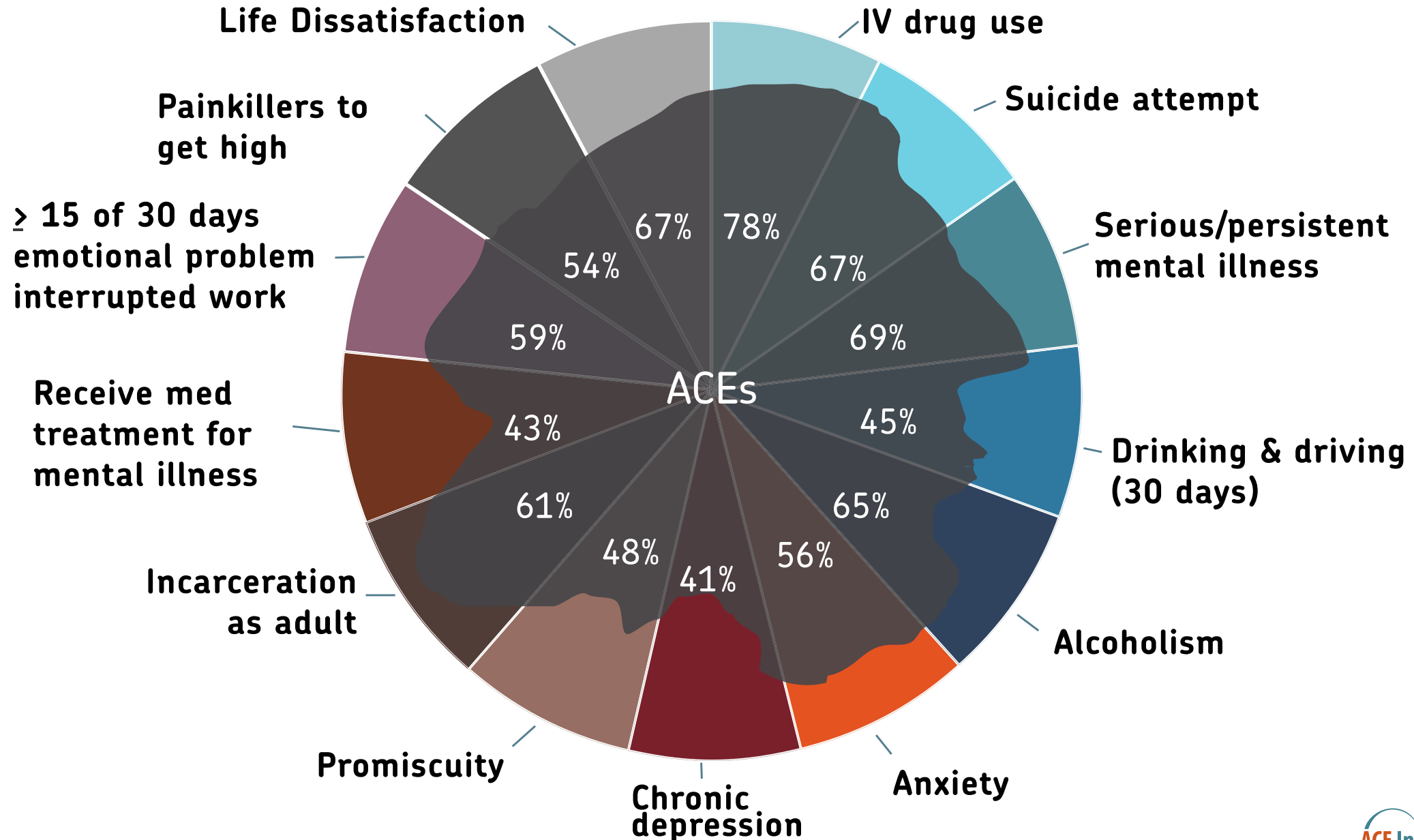
Controls: gender, age, income, education, race-ethnicity

# Population Attributable Risk



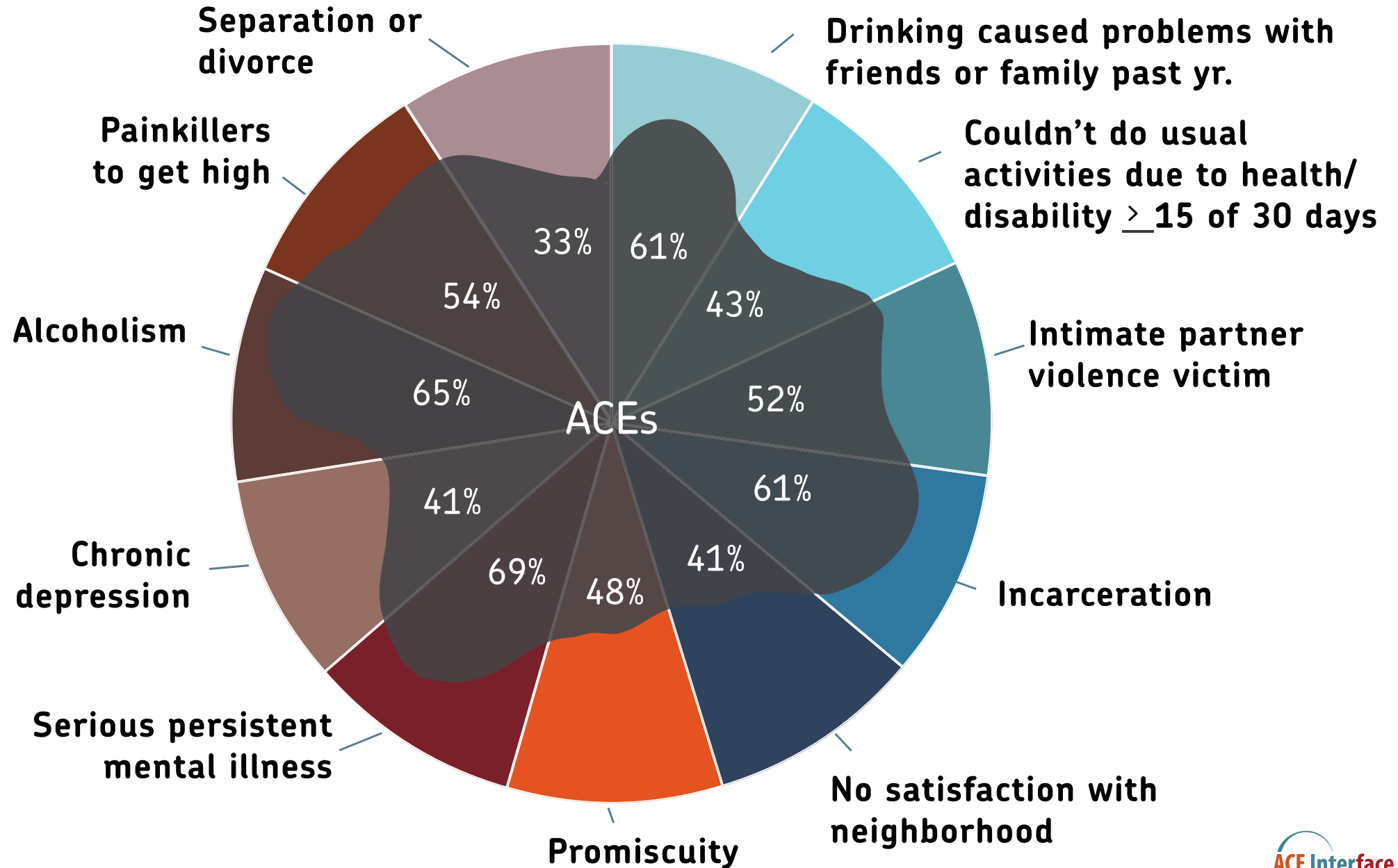
Controls: gender, age, income, education, race-ethnicity

# Population Attributable Risk



Controls: gender, age, income, education, race-ethnicity

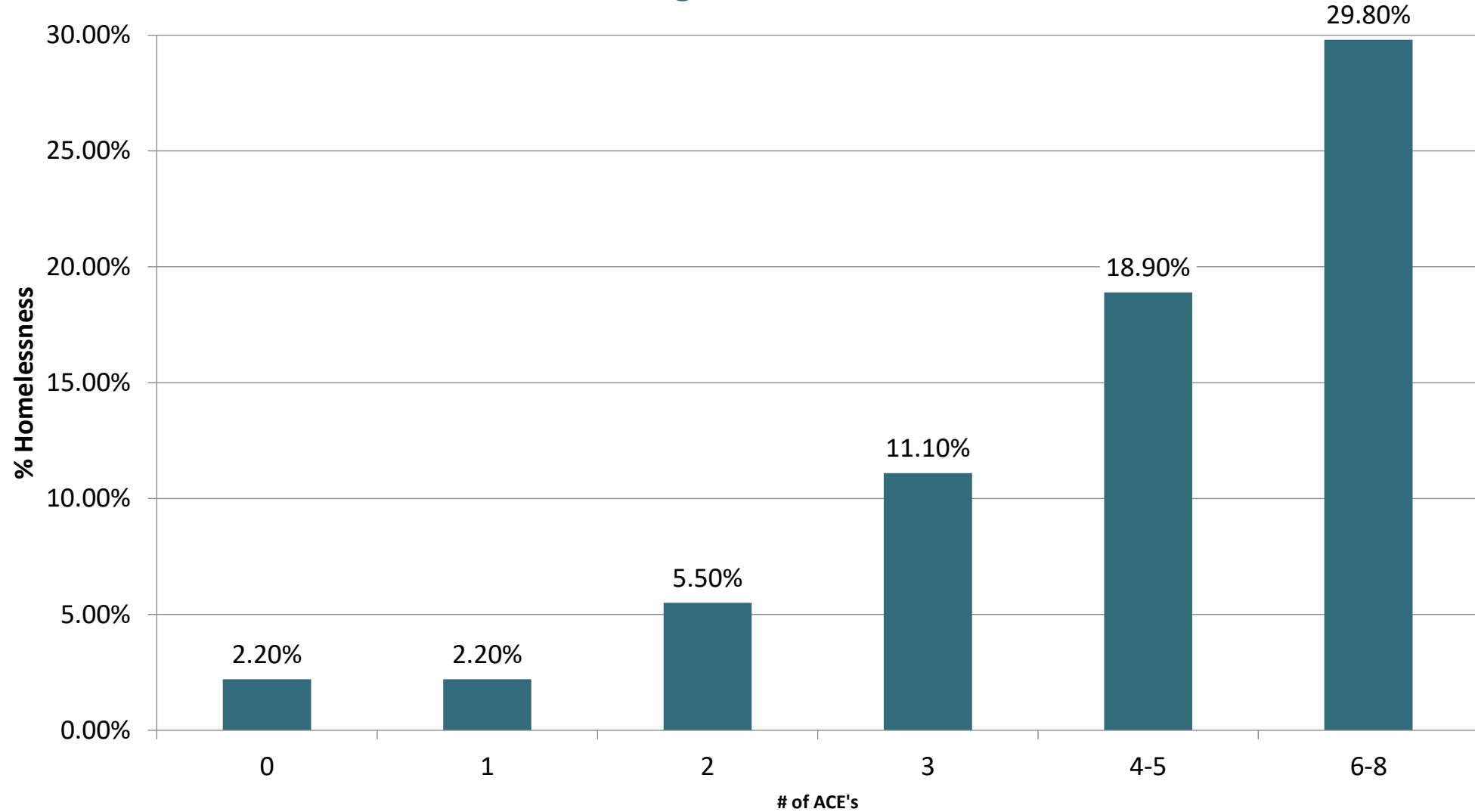
# Population Attributable Risk






# ACEs & History of Homelessness

Ages 25-54





We:  
Provide education and opportunity for dialogue to a broad cross-section of residents and professionals to build common language and common understanding about how experience affects wellbeing.

So that: Community residents and professionals are surrounded by people who are knowledgeable about ACE concepts and have skills for recognizing what's helping or hurting, and for engaging people most affected by ACEs in hope-filled action.

So that:  
We reach a tipping point in communities where it is usual for people to:

1. Have opportunity for a change moment: feel seen, understood, and accepted.
2. Develop compassion for self, make meaning from experiences, and build on core gifts.
3. Know the most powerful determinant of health: ACEs.
4. Make decisions and take actions to build adults' capacities to protect and respond to child needs.

So that:  
Children reach their full potential by growing and developing in relationships that are healthy and protective.  
&  
ACE Scores are reduced in the next generations.

# Issues are Complex

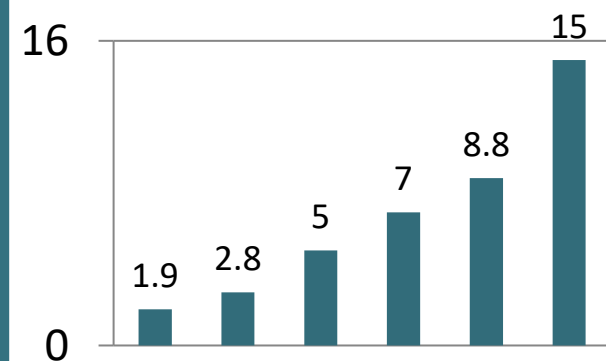


The image features a large, intricate knot made of thick, braided ropes in blue, yellow, and red. The knot is the central focus, symbolizing complexity. Surrounding the knot are numerous small, diverse cartoon characters, including people of various ages, ethnicities, and professions, as well as some iconic figures like Darth Vader and a lion. These characters are positioned along the ropes and around the knot, suggesting a wide range of perspectives and experiences. The background is a light, textured surface.

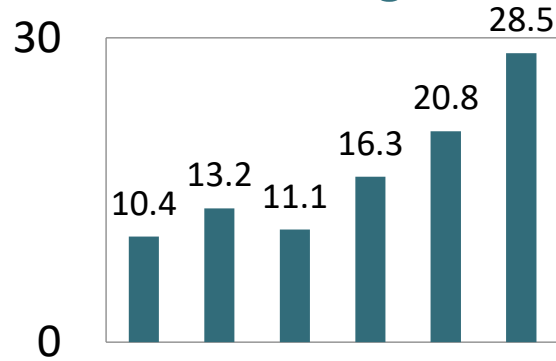
- Trauma
- Intergenerational Adversity
- Developmental Periods
- Stimulation
- Complex Nature of Adversity
- Hidden Private Costs
- Equity Variation

# Community Variation

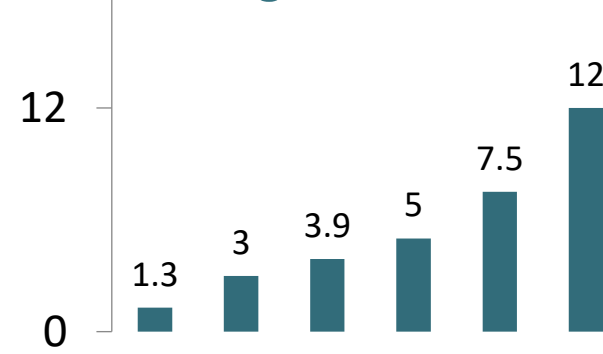
### Anxiety



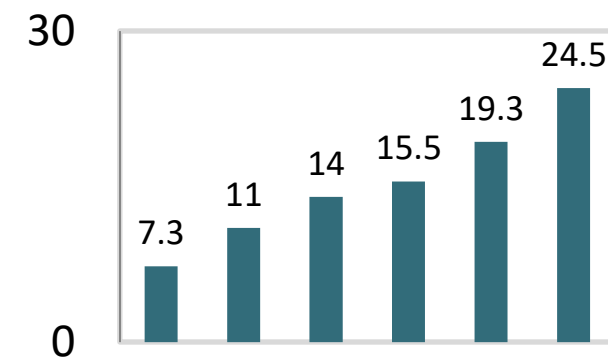
### Smoking



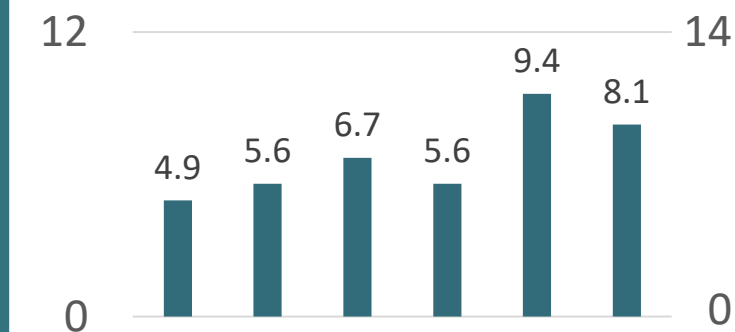
### Drug Problem



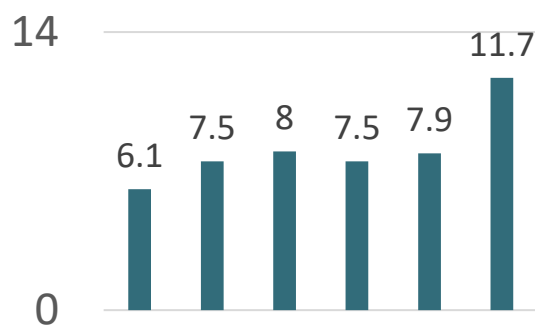
### MH Treatment



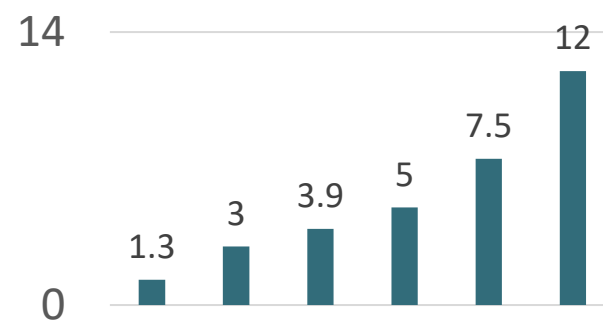
### Cardio Vascular Disease



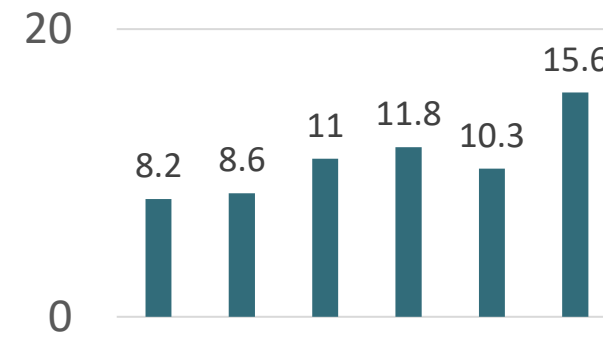
### Diabetes



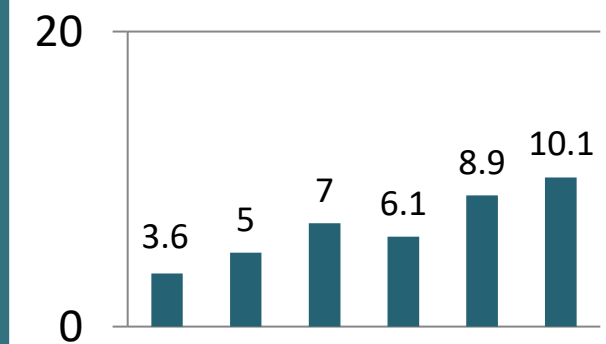
### Asthma



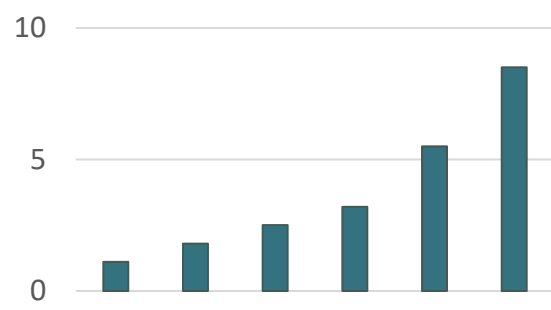
### Cancer



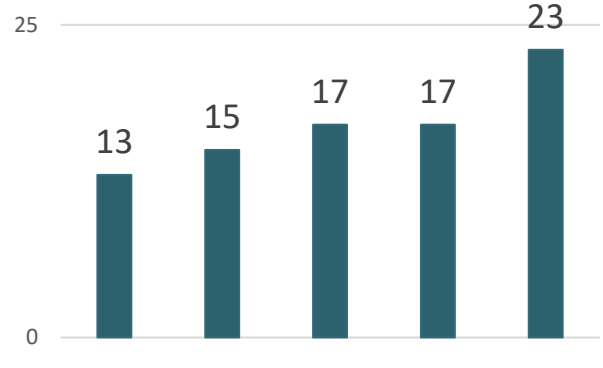
### Work Injury/Illness



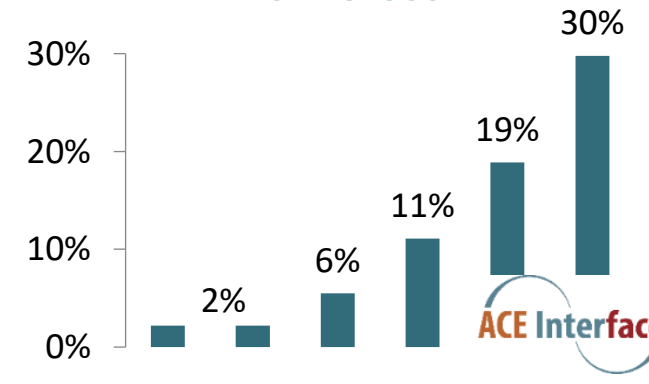
### Missed 15 of 30 Work Days (MH)



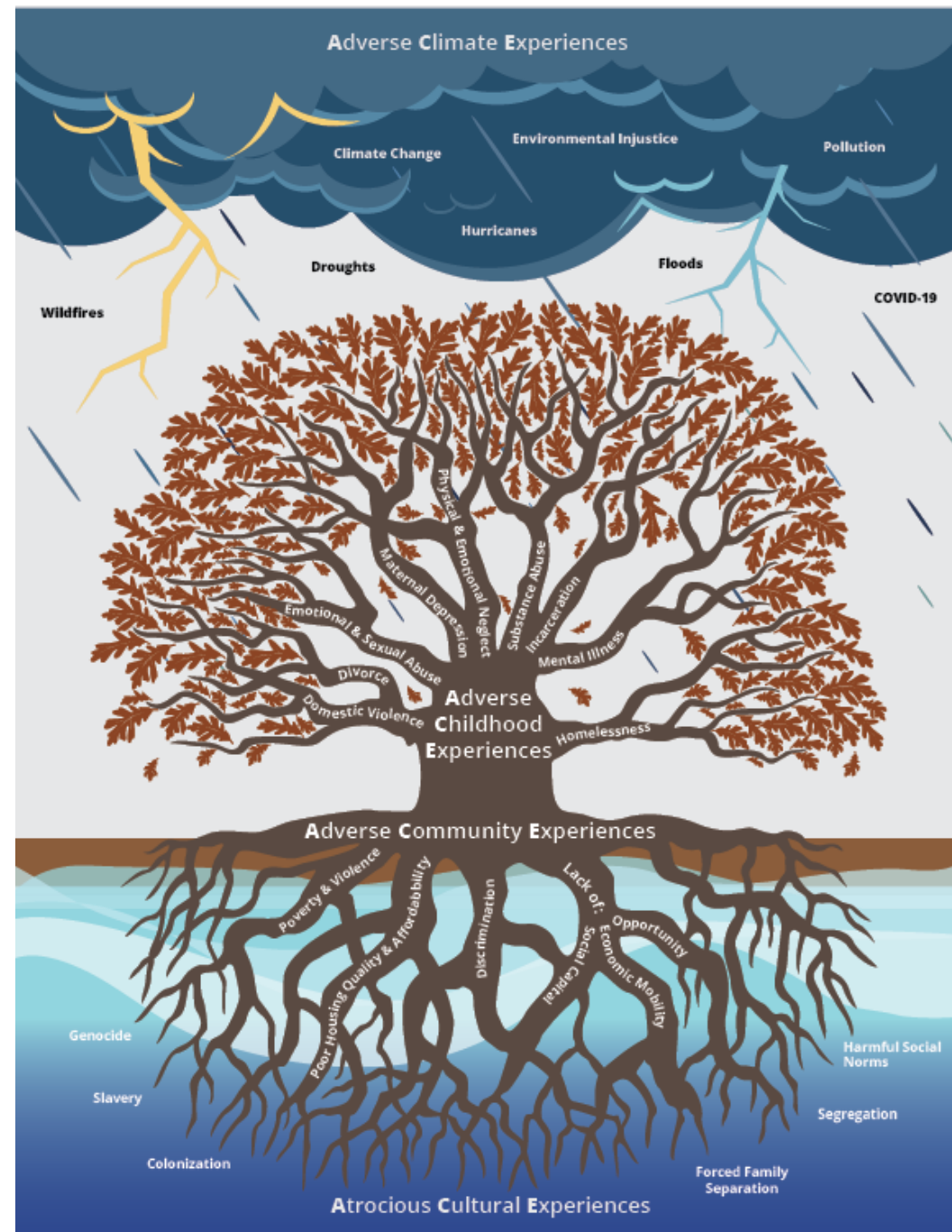
### Unemployed

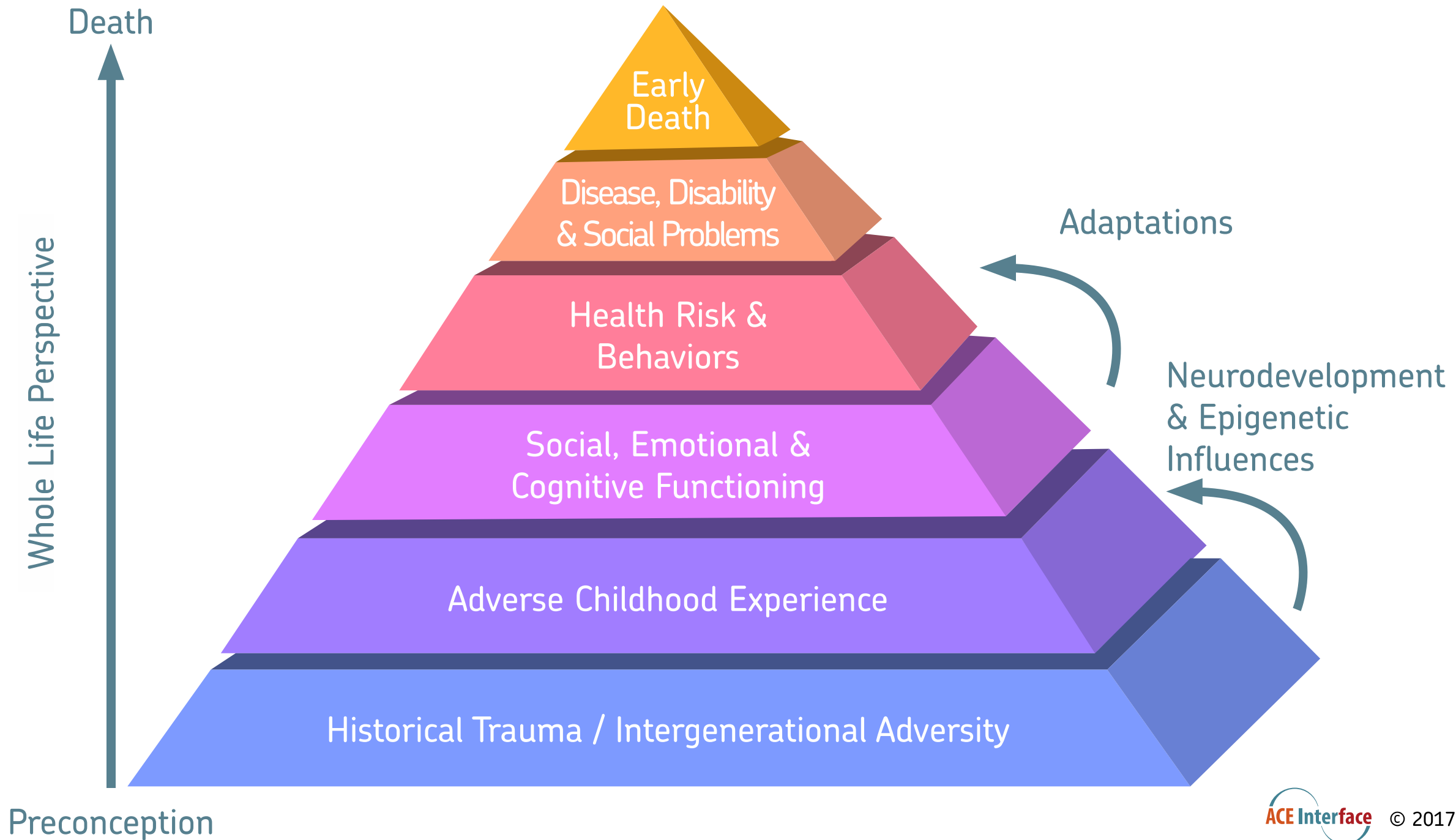


### Homeless









# **“The ACE Score is Not!**

**-A diagnostic tool**

**-A screening tool**

**-A predictor at the individual level**

**Or**

**-A fun quiz”**

# **“The ACE Score is....**

**A History tool**

**A communication tool to comfortably talk about life experiences**

**Becoming part of a common language**

**A gateway to empathy, compassion, and healing”**



# CHANGE is up to US



It is shaped by our thoughts, our conversations,  
the way we relate with one another in  
relationships, in families, and in communities.

The ACEs Indiana Coalition is dedicated to growing awareness on Adverse Childhood Experiences and building self-healing communities. Adverse Childhood Experiences (ACEs) are potentially traumatic events in a child's life that can have negative and lasting effects on a person's physical, mental and emotional health. In addition, self-healing communities focus on the implementation of trauma-informed interventions, local policy improvements and paradigm shifts in how we assist children and families. Through self-healing communities and appropriate interventions, we can help individuals heal from Adverse Childhood Experiences.

**To request a presentation or for more information on becoming a Master Trainer please visit [www.acesindiana.org](http://www.acesindiana.org) or contact Jessica Herzog-Hall, Director of the ACEs Indiana Coalition at [jherzog@indysb.org](mailto:jherzog@indysb.org)**



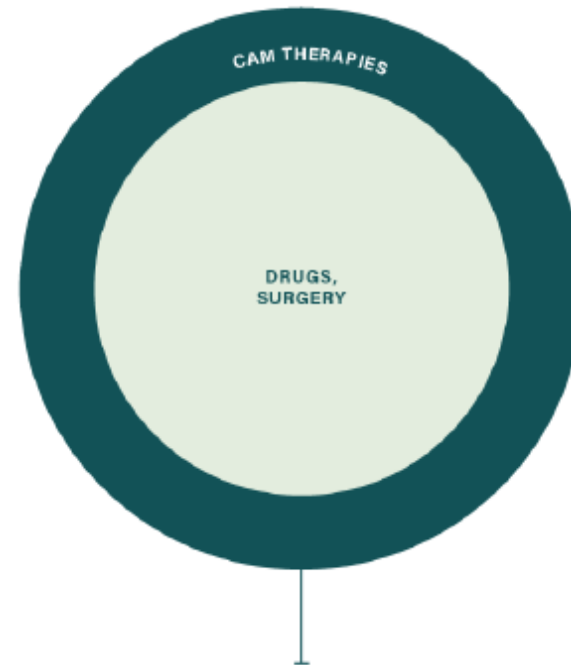
Empty Your Cup





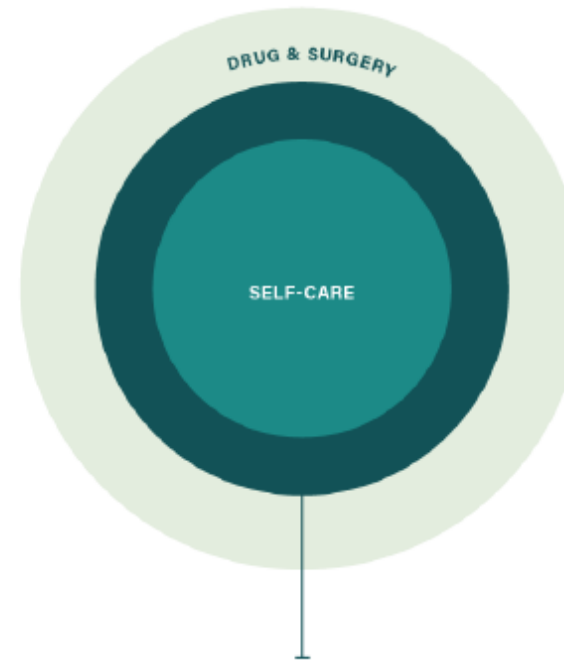
# Self Awareness

## Current Biomedical Model



Psychosocial approaches and  
groups & community support

## New Medicine



Therapies that require a professional and also stimulate  
one's capacity for self-healing, eg. acupuncture, herbal medicine,  
musculoskeletal manipulation, group support etc





*Self Care* = **BRAIN CARE**

## BRAIN CARE IS SELF CARE

Caring for our brains is an important task in order to be able to show up for ourselves and others. Yet, we can only show up how we want when our brains have the proper foundation to engage and respond to the environment. Taking care of your brain can often require a lifestyle shift, but it is so worth it. It may seem difficult, but little by little, by adjusting your daily habits, you can live more fully into the gift that you are and the gift you can be for the world around you.

**You are worth the investment.**

You can start to build a better society by building a stronger, more stable brain architecture for yourself. How empowering it is to know that you have the capacity to be the difference that the world needs!



PLEASE HANDLE WITH CARE

PLEASE HANDLE WITH CARE



## 6 NEUROSCIENCE TIPS TO CARE FOR YOUR BRAIN

### Rest up

Sleep is essential for learning, problem-solving and managing stress. By sleeping, you allow your brain to store information, heal, and restore.



### Listen to your body

Being attentive to your body is essential to handling stress. Taking deep breaths is a simple way to regulate your body's stress system.



### Nourish your brain

Much of your brain is made up of the foods and nutrients you put into your body. When you eat full and nourishing meals, you can help your brain function and communicate better.



### Exercise your body and brain

Exercising your body and playing brain games, such as crossword puzzles or brain-teasers, can keep your brain agile and improve memory and attention span.



### Find friends to foster resilience



By surrounding yourself with a strong social network, you can help build a strong and resilient brain. Friends make our brains stronger.



### Practice gratitude

Research shows that gratitude helps protect us from the toxic effects of negative emotions. Daily gratitude can increase our ability to be perceptive of all the good in our lives and reduce negative health effects.



- 
- “Between the stimulus and response, there is a space. And in that space lies our freedom and power to choose our responses. In our response lies our growth and our freedom” (Frankl, 1946).
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# Mind-Body Skills



**EXERCISE**



**AUTOGENICS &  
BIOFEEDBACK**



**NUTRITION**



**GENOGRAMS**



**SELF-AWARENESS &  
SELF-EXPRESSION**



**PRAYER**



**RELAXATION**



**IMAGERY &  
SELF-HYPNOSIS**



**MEDITATION**





Experiential exercises

Autogenics

Shaking and dancing